INDICA / SATIVA
DIFFERENCES

The major qualities of Indica medicinal strains include:

- Increased mental relaxation.
- Muscle relaxation.
- Decreases nausea.
- Decreases acute pain.
- Increases appetite.
- Increases dopamine (a neurotransmitter that helps control the brain's reward and pleasure centers).
- Indica plants have higher CBD and lower THC counts.
- For night time use.

The major qualities of Sativa medicinal strains include:

- Anti-anxiety
- Anti-depressant
- Treats chronic pain
- Increases focus and creativity
- Increases serotonin (a neurotransmitter involved in the regulation of learning, mood, sleep, anxiety and appetite)
- Sativa plants have lower CBD and higher THC counts.
- For day time use

INDICA'S

Indica's are known for their physically sedating effect. Some stoners use the mnemonic, "in da couch," referring to the well-known body high of strong Indica strains that make a person want to sink into their couch. Indica's are ideal for relaxing with a movie or music in the evening to unwind after a long day's work or as a relaxing interlude before bed. Great for kicking back with your Crafty Vaporizer before snoozing.

Indica plants tend to be short, squat, and bushy. The Indica leaves are plump and the foliage is dense. These are plants adapted to harsh environments like those found in the Hindu Kush mountain range. Indica vs sativa plants are also excellent producers of hash, and that's no accident. They were undoubtedly bred that way, as hashish is the preferred method of cannabis consumption in much of the area from which they sprang.

Indica vs sativa plants don't mess around when flowering; they get it done in six to eight weeks. This is almost certainly due to their mountain-born genetic programming; they want to produce the next generation's genetics before frost hits. Indoor growers love the speediness with which Indica flowers bloom and flatten.

Medically speaking, the heavy resin and soporific potency of Indica flowers makes them prized by people with insomnia, anxiety, nausea and pain.

Common recreational effects of Indica strains include a happy sleepiness, relaxation, and strong hunger. Pure or nearly pure Indica strains include Northern Lights, Hindu Kush, Critical Mass, Purple Kush, L.A. Confidential, and God's Gift.

SATIVA'S

Sativas, on the other hand, are known for their invigorating mental effects. The uplifting, cerebral effects of the sativa high make these strains ideal for social gatherings and creative pursuits like music, art and writing.

Sativas tend to be tall and gangly, with skinnier leaves. Originating in the sunny climates of Southeast Asia, Central America, and Mexico, these plants are sun-worshippers. They regularly grow between eight and 12 feet tall, but in optimal conditions outdoors, 18-foot monsters aren't unheard of.

These equatorial strains take their time when flowering. In contrast to the six-to-eight-week flowering time of Indica's, sativa flowering can stretch past 12 weeks, making impatient growers crazy. The difference in lighting cost for indoor growers means that indoor Sativas are sometimes more expensive in the shops.

The stimulating effects of Sativas make them ideal for a motivational "wake and bake" session, akin to a cup of coffee. Pure or nearly pure sativa strains include Durban Poison, Thai, Ghost Train Haze, Panama Red, Strawberry Cough, Chernobyl, Trinity, and Amnesia Haze.